

# Lucy Martin McBride, MD

## Employment

- Internist and Partner at Foxhall Internists, PC** February 2006 – present  
*Washington, DC*
- Faculty, Johns Hopkins Dept. of Emergency Medicine** October 2003 - November 2005  
*Baltimore, MD*

## Education

- Medical Residency** Johns Hopkins Hospital July 2000 – July 2003
- MD** Harvard Medical School received May 2000
- MPhil** University of Cambridge, UK received May 1996
- BA** Princeton University received May 1995  
Phi Beta Kappa  
Senior Thesis Prize for best thesis in French studies

## Publications

- “With vaccines available, mask mandates are not necessary in school”  
*USA Today*  
February 2022  
<https://news.yahoo.com/kids-vaccine-dont-masks-school-110102668.html>
- “A COVID Serenity Prayer”  
*The Atlantic*  
October 2021  
<https://www.theatlantic.com/ideas/archive/2021/10/covid-serenity-prayer/620343/>
- “Fear of COVID-19 in Kids is Getting Ahead of the Data”  
*The Atlantic*  
August 2021

<https://www.theatlantic.com/ideas/archive/2021/08/children-delta-covid-19-risk-adults-overreact/619728/>

“My Patients Are Burned Out and So am I”

*The Atlantic*

June 2021

<https://www.theatlantic.com/ideas/archive/2021/06/burnout-medical-condition-pandemic/619321/>

“It’s Time for Children to Finally Get Back to Normal Life”

*The Washington Post*

May 2021

<https://www.washingtonpost.com/opinions/2021/05/26/its-time-children-finally-get-back-normal-life/>

“Can Primary Care Prevent the Next Pandemic?”

*MedPage Today*

May 2021

<https://www.medpagetoday.com/primarycare/generalprimarycare/92726>

“I Tell My Patients Not to Wear their Masks Outside”

*The Atlantic*

May 2021

<https://www.theatlantic.com/ideas/archive/2021/05/kids-masks-outdoors-cdc/618856/>

“The Secret Weapon for Ending the Pandemic”

*CNN Opinions*

May 2021

<https://www.cnn.com/2021/04/30/opinions/secret-weapon-ending-pandemic-mcbride/index.html>

“Wired and Tired after Months of COVID-19 Distress, It’s Time to Recover our Mental Health”

*USA Today*

April 2021

<https://amp.usatoday.com/amp/4807342001>

“I’ve Been Yearning for an End to the Pandemic. Now That It’s Here, I’m a Little Afraid”

*The Washington Post*

March 2021

<https://www.washingtonpost.com/opinions/2021/03/09/weve-adjusted-pandemic-life-now-we-face-anxiety-leaving-it-behind/>

“I’m a Doctor Seeing Patients with Coronaphobia. Here’s What You Need to Know”

*The Huffington Post*

March 2021

[https://www.huffpost.com/entry/coronavirus-phobia-side-effects-anxiety\\_n\\_603d18eec5b6829715023334](https://www.huffpost.com/entry/coronavirus-phobia-side-effects-anxiety_n_603d18eec5b6829715023334)

Research in pharmacology, University of Cambridge, UK

1996

Publications in *American Journal of Physiology*:

1. Curtis CM, Martin LC, Higgins CF, et al. "Restoration by intratracheal gene transfer of bicarbonate secretion in cystic fibrosis mouse gallbladder."
2. Martin, LC, Hickman ME, Curtis CM, et al. "Electrogenic bicarbonate secretion in mouse gallbladder."

### **Honors and Awards**

**Washingtonian "Best Doctors"**

2008-2021

**Fulbright Fellowship Award**

1995-1996

*Cambridge, UK*

### **Extracurricular activities**

**Author of COVID-19 Weekly Newsletter with over 17K subscribers**

March 2020 - present

**Founder and President, Working Mothers Forum**

2014 – present

Discussion forum and speaker series for 40 professional women in DC